WHAT IS CLAIMED IS:

- 1. A lifting frame assembly having a first end adapted to be attached to a hoist, the frame assembly including a guide, a lift slide slidably mounted on said guide for movement along a central guide axis, a biasing member resiliently loading the lift slide to move along the guide in a direction toward the first end of the frame assembly to a retracted position, a stop to limit the lift slide from moving relative to the guide in a direction away from its retracted position.
- 2. The lifting frame of claim 1, wherein the frame assembly includes a yoke pivotally mounted to the hoist about a horizontal pivot.
- 3. The lifting frame of claim 1, wherein said guide comprises a tubular sleeve, and the lift slide comprises a tube that is slidable in the tubular sleeve.
- 4. The lifting frame of claim 2, wherein said biasing member is attached between the yoke and the lift slide, and is positioned within the tube comprising the lift slide.
- 5. The lifting frame of claim 4, wherein the biasing member is an extension spring.

- 6. The lifting frame of claim 1, wherein said load support frame includes a load support surface having a shape complimentary to a surface of a load to be lifted to receive and support the load when the load is oriented in a selected position for lifting.
- 7. The lifting frame of claim 6, wherein the load support frame has a generally horizontal leg having the load support surface for receiving the load, the load support surface supporting the load centered on the central guide axis of the guide.
- 8. The lifting frame of claim 7, wherein the generally horizontal leg comprises a first leg, a side bar connected to one end of the first leg, a second leg secured to the side bar and overlying the first leg and being spaced from the first leg sufficiently so the load is supportable between the first and second legs, the second leg being secured to the lift slide on a side of the guide opposite from the first end.
- 9. The lifting frame of claim 1, wherein said guide is a tubular sleeve, and the lift slide is a tube that slides inside the tubular sleeve, said biasing member being positioned on the inside of the tube that slides inside the tubular sleeve, and the biasing having one end secured to the tube that

slides inside the tubular sleeve and the other end secured to the yoke.

- 10. The lifting frame of claim 9, wherein the stop comprises a bearing head secured to the slide, and the bearing head stopping against an upper end of the quide.
- 11. The lifting frame of claim 7, wherein the load support surface of the generally horizontal leg is substantially straight, adapter members mounted on the load support frame comprising pivoting straps that are mounted on portions of the load support frame and that are adapted to rest on the load support surface to and provide a guide receptacle for holding the load substantially centered on the central guide axis of the guide.
- 12. The lifting frame of claim 11, wherein said pivoting straps are pivotally moveable to project above the load support surface and provide guides at opposite ends of said load support surface to match a configuration of a load to be lifted.
- 13. The lifting frame of claim 12, wherein said pivoting straps are moveable to a load retaining position projecting above the load support surface, and have inclined surfaces extending upwardly from

the load support surface in opposite directions to form a load receiving pocket therebetween.

- 14. The lifting frame of claim 13, wherein there are a pair of the pivoting straps, a first pivoting strap being pivoted to the upright bar, and a second pivoting strap being pivoted to the generally horizontal leg and, wherein the second pivoting strap pivots to a load retaining position in opposite direction of rotation from the direction of rotation of the first pivoting strap toward its loading retaining position.
- 15. A load support for a hoist assembly comprising a pivoting frame member that depends from a pivot connection to the hoist assembly, a guide member on the pivoting frame member, a lift slide mounted on the guide member for slidable movement relative thereto, a biasing member between the frame member and the lift slide that resiliently resists extension of the lift slide under load from a retracted position, and a stop between the guide and the lift slide to limit the amount of extension of the lift slide relative to the guide.
- 16. The load support of claim 15, wherein the lift slide extends through the guide, and a load support frame at a lower end of said lift slide, said load support frame being adapted to support a beam.

- 17. The hoist assembly of claim 15, wherein said biasing member urges the support member in a direction to maintain contact of the load support member and a load to be lifted for a selected distance of extension of the lift slide.
- 18. The hoist assembly of claim 15, wherein said guide comprises a tubular sleeve, and the lift slide extends from the guide as it moves, the lift slide being covered with indicia that is exposed in the lift slide retracted position and as it extends from its retracted position.
- 19. The load support for a hoist assembly of claim
 15, wherein said hoist assembly comprises a spreader
 bar that is elongated and has opposite ends, a
 separate frame member pivotally mounted at opposite
 ends of the spreader bar, wherein each frame member
 includes a support member for supporting an elongated
 beam between the frame members at opposite ends of
 the spreader bar, said support members being
 generally C-shaped to permit mounting a beam to be
 lifted with a center thereof substantially along a
 center axis of the lift slide of both frame members.
- 20. The load support of claim 19, wherein the pivoting frame members each comprise a yoke pivoted to the respective ends of the spreader bar, and a

hoist for lifting and lowering the spreader bar in substantially the center portions of the spreader bar.